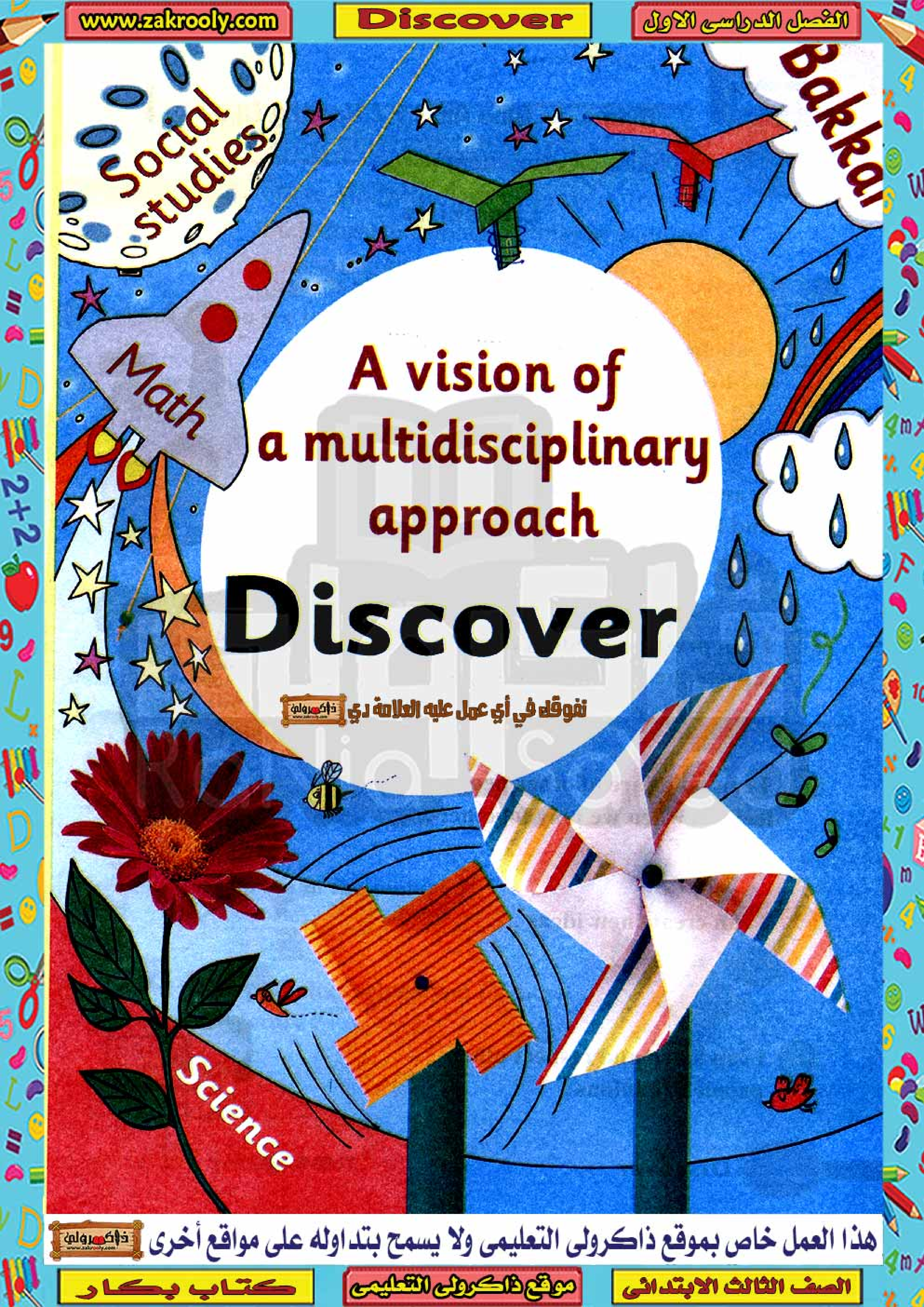
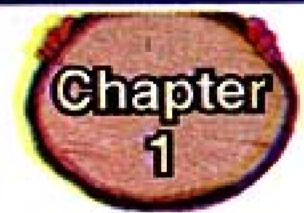


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هذا العمل خاص بموقع ذاكرولى التعليمى ولا يسمح بتداوله على مواقع أخرى
كتاب بكار
موقع ذاكرولى التعليمى
الصف الثالث الابتدائى





Theme 1 : Who Am I ? (Healthy Life)

Chapter 1

My Skills Development

Life skills

Activity : Join each skill to suitable image :



(1) I can organize my time , and keep my focus .



(2) I can solve problems in many ways , and help others .



(3) I can present my ideas , and express them in different ways .

(4) I can take care of other people's feelings when we play together .



(5) I can create new ideas .



(6) I can listen and respect other people's opinions .

Using critical thinking skills

Activity 1: Note the following pictures in front of you , there are small parts of bigger pictures . Can you guess the whole picture ?



(1) What do you see in the picture ?

....

(2) What is the part that helped you to guess the whole picture ?

....

....



(3) What do you see in the picture ?

....

(4) What is the part that helped you to guess the whole picture ?

....

....



(5) What do you see in the picture ?

....

(6) What is the part that helped you to guess the whole picture ?

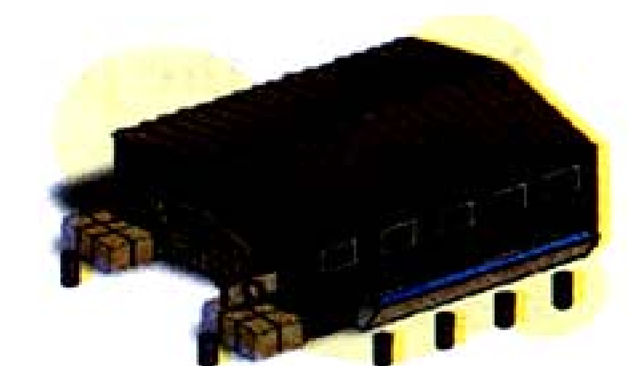
....

....

Activity 2: Match the images on the left with their corresponding images on the right :













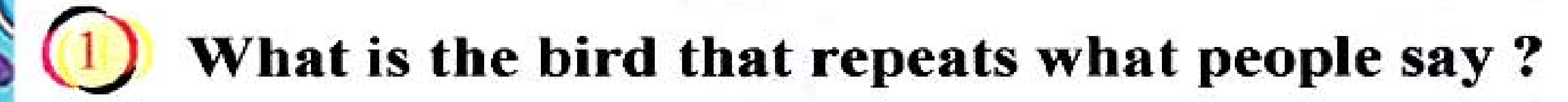



Activity 3: Match each image to its shadow :



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Puzzles



Activity: Circle the appropriate image to solve each puzzle :

(1) **What is the bird that repeats what people say ?**







(2) **What is the largest animal that lives in the ocean ?**







(3) **Two consecutive numbers , the smallest of which is 5 , so what is other number ?**

7 **6** **5** **4**

(4) **He uses the blackboard and explain the lesson to students , so who is the person ?**







What would you do then?

Activity: Write the appropriate behaviour in front of each position in the picture :

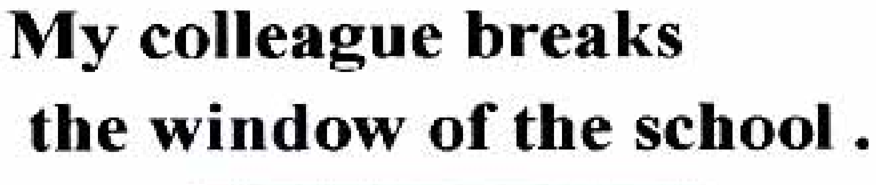
My friend doesn't listen to my thoughts.



....

....

....



My colleague breaks the window of the school .



....

....

....

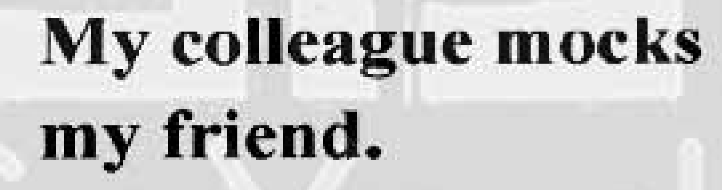
My friend hits a cat on the street.



....

....

....



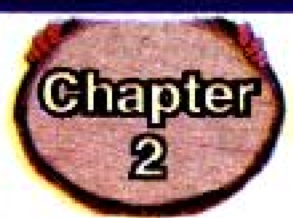
My colleague mocks my friend.



....

....

....



Chapter 2 Maintaining a healthy body

Healthy or unhealthy

Activity: Put (√) below suitable symbol :



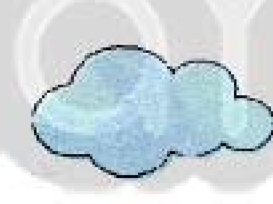
Eating breakfast every morning.

Healthy	Unhealthy
	





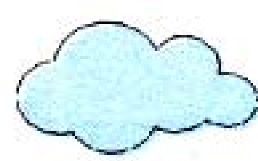
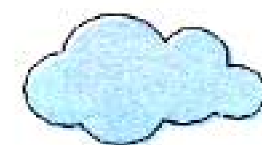
Sports practicing.

Healthy	Unhealthy
	
	





Watching TV for long hours.

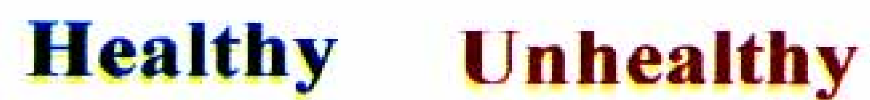
Healthy	Unhealthy
	
	



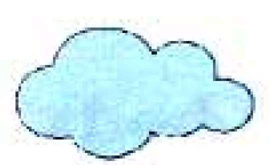





Drinking suitable amounts of water during the day.










Fighting with friends continuously.










Unhealthy






Eating large quantities of sweets.

Healthy Unhealthy








Teeth washing regularly.

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Healthy habits

Activity: Below each image, write the suitable sentence from the sentences in between two brackets:

(provides the body with useful elements - gives us activity and helps to build a strong body - helps us calm down and relax - helps to focus and remember)



Reading

....

Sleeping enough hours

....



Healthy food

....

Sports practicing

....

The human body diagram

Activity 1: Below each image, write the name of every part of the human body from the following words :

(Heart - Stomach - Bones - Blood vessels - Muscles - Skin)


....


....


....


....


....


....

Activity 2: Write the name of each organ, from the following words, in front of its suitable importance :

(Heart - Skin - Stomach - Blood - Bones and muscles)

(1) It protects the body against germs and sunlight , and represents the largest organ in the human body. (..............................)

(2) **They** help the body to move , and protects the soft internal organs. (..............................)

(3) It contains acid that digests and breaks down food ; so it makes its absorption easy. (..............................)

(4) It contracts and expands to pump blood to all parts of the body. (..............................)

(5) It carries nutrients and oxygen for all parts of the body. (..............................)

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Activity 3: Guess the appropriate organ name for each of the following sentence :

1. An organ of the size of a fist , within the human body. (............................)
2. Two organs inside the ribcage , behind the ribs. (............................)
3. It is located inside the skull, where the skull protects it (............................)

Skin care

Activity : Put a tick (√) below the image that expressing healthy behaviour for skin care, and (×) in front of the image expressing behaviour that harms the skin :

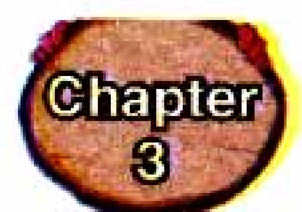
Clean and cover wounds.

Not taking shower for long periods.

Using sunblock.

Not to drink water when feeling thirsty .

Theme 1 : Who Am I ? (Healthy Life)

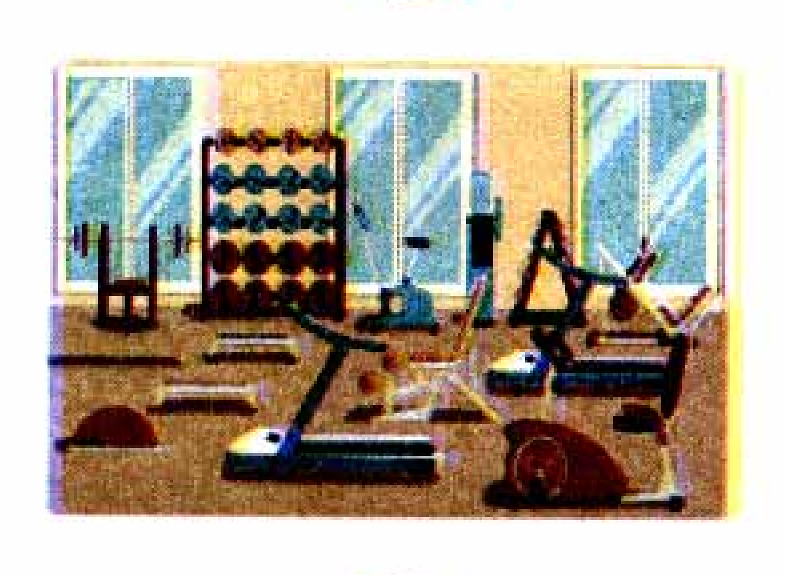


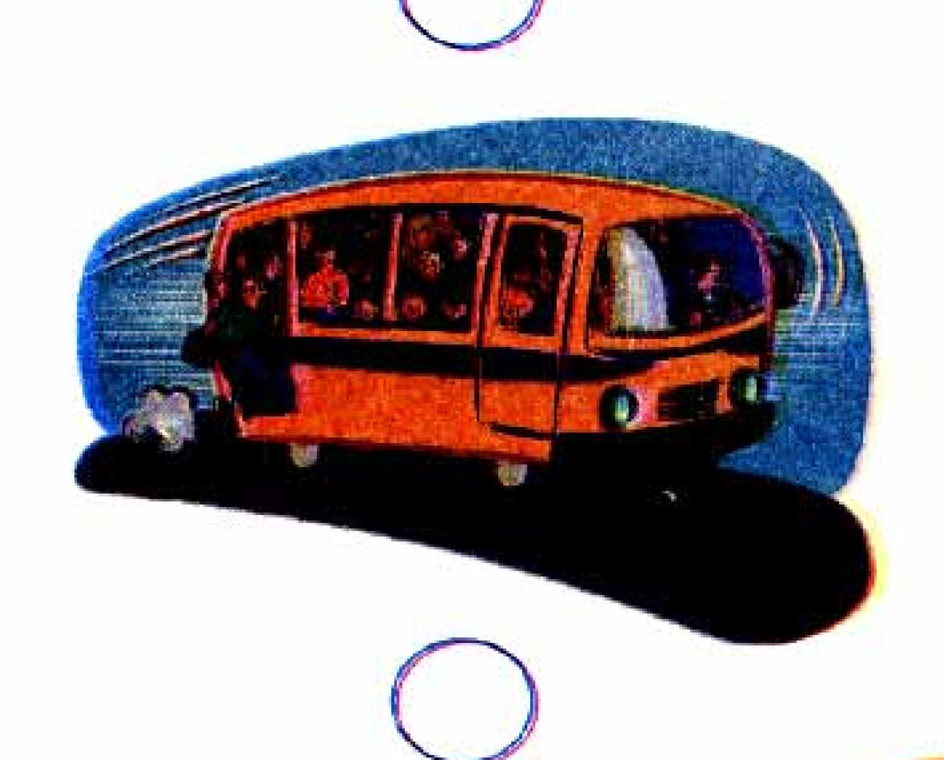
A healthy body and a healthy food

A healthy place

Activity : Colour the circle in (green) below the image that represents a healthy place , and in (red) below the image that represents an unhealthy place :







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Food classification

Activity 1: Write suitable type of the food component, from the components that between two brackets, below each image:

(Proteins - Carbohydrates - Fats)

Butter	Bread	Eggs
....	....	....

Oil	Rice	Fish
....	....	....

Activity 2: Match each food component to the appropriate sentence indicating its importance:

(1) **Proteins**	● give /s the body energy.
(2) **Carbohydrates and fats**	● protect /s the body from diseases.
(3) **Vitamins and salts**	● help /s build muscle.



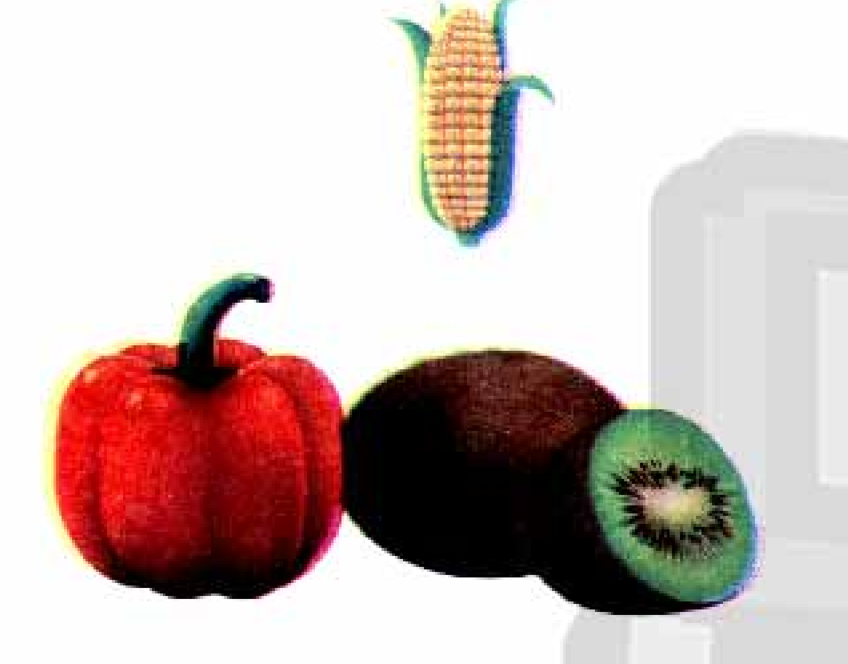
Vitamins and minerals

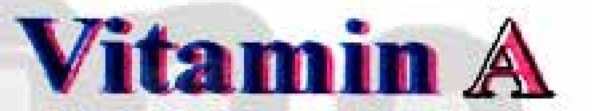
Activity 1: Connect each food with the vitamin that contains :



Vitamin D

Vitamin C

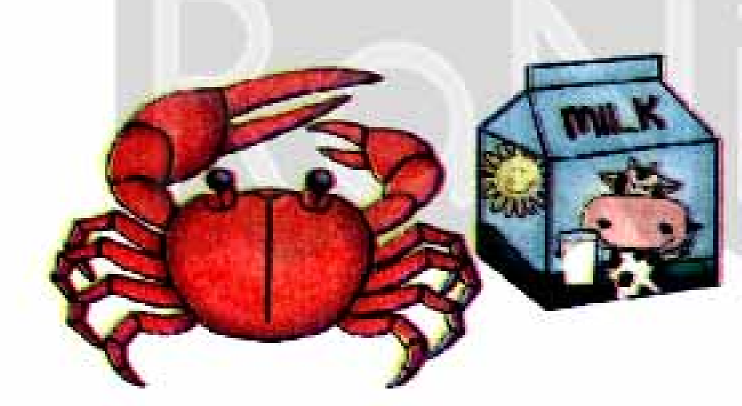




Vitamin A



Vitamin B1



Vitamin H



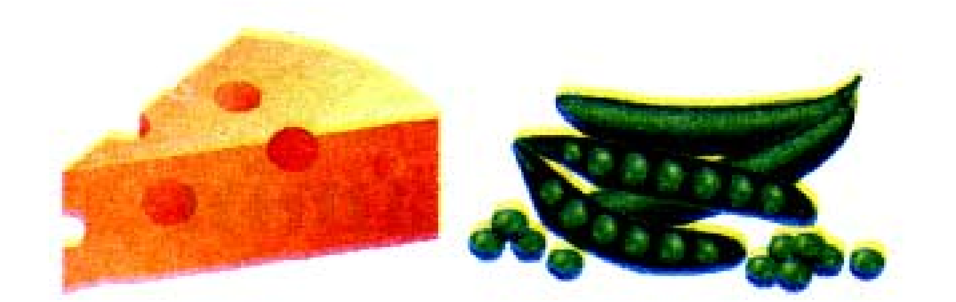
Vitamin B2



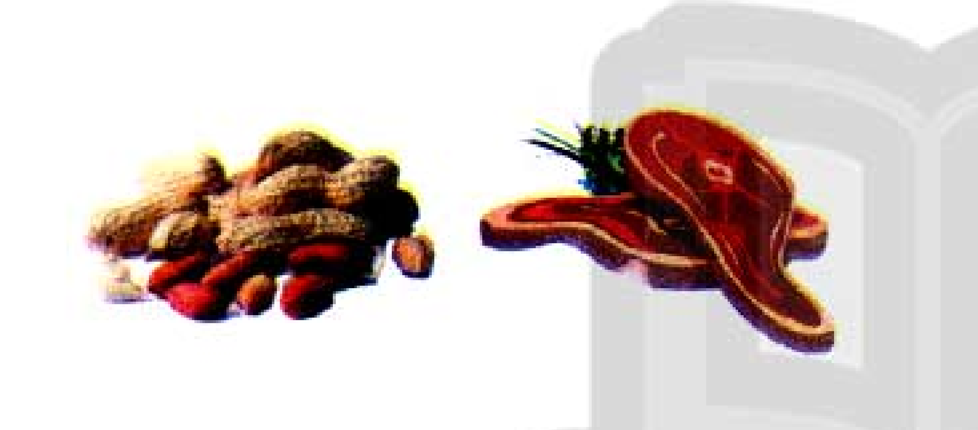
Vitamin B12



Activity 2 : Connect each food with the minerals that contains :



Zinc



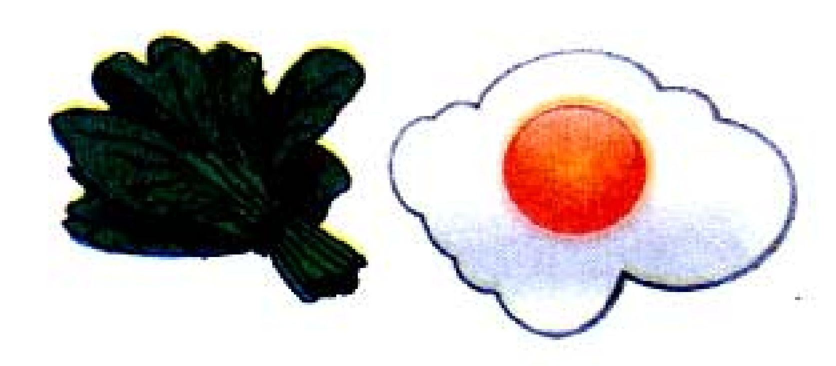
Potassium



Iodine



Iron



Calcium



The importance of water



Activity 1 : Guess : why has the plant wilted ?

....

Activity 2 : Complete the following sentences by the suitable word from the words in between brackets :

(toxins and wastes - joints - regulates - bones)

The importance of water to the human body :

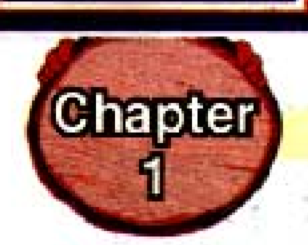
- **It .... body temperature .**
- **It helps .... to perform the functions in the best way .**
- **It helps .... to be healthy .**
- **It helps the body to get rid of ....**



Activity 3 : Complete the following table with the appropriate sentences in parentheses :

(Weight gain - Feeling headache - Teeth decay - Anxiety and nervousness - Feeling thirsty - Feeling tired and weak)

Symptoms of eating big quantities of sugars	Symptoms of a lack of drinking water
....	....
....	....
....	....



Theme 2 : The World Around Me (interest in our world)

Chapter 1 Effects of environmental changes

Natural environments

Activity 1 : Connect each group of animals to the environment in which they live :



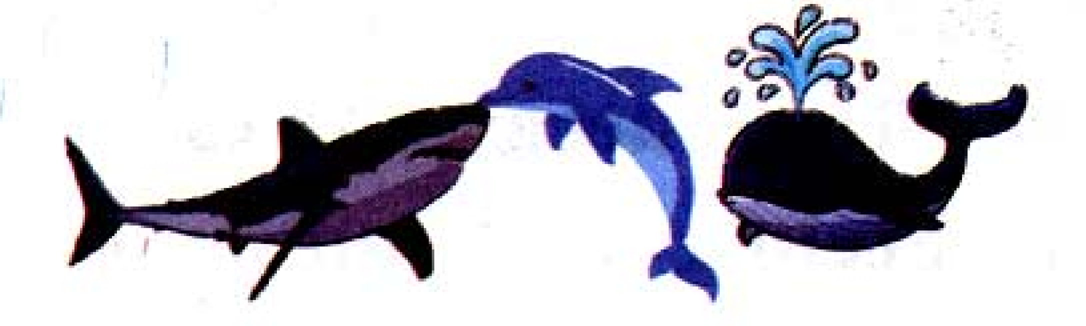
Desert



Natural pastures



Oceans



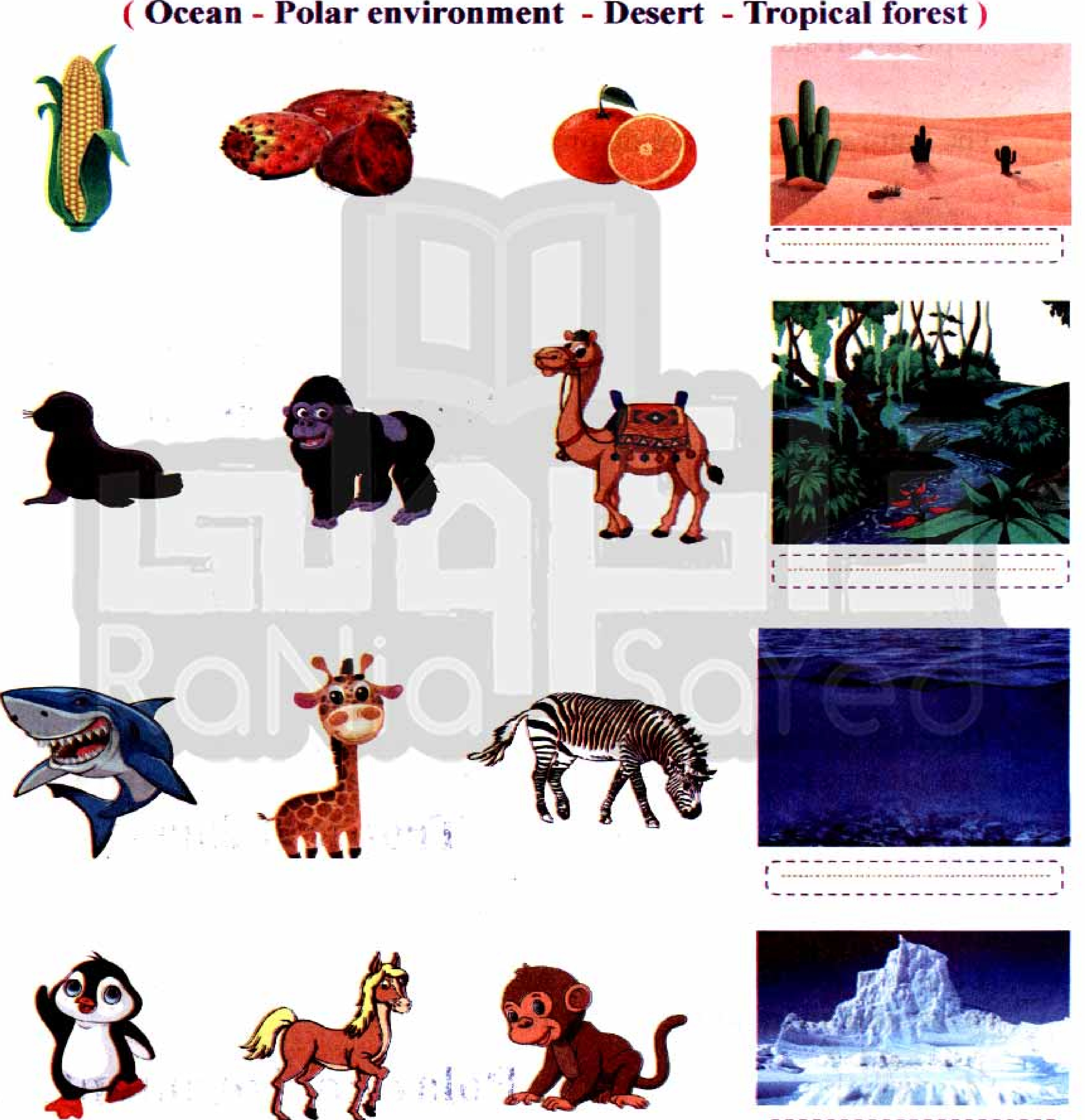
Tropical forests



Polar environment

Activity 2 : Look at the following natural environments, type the name of each environment below each picture using words from brackets, then circle the organism that lives in each environment :

(Ocean - Polar environment - Desert - Tropical forest)



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Activity 3 : Complete the following sentences with the suitable word in between the brackets :

1. Polar environments are characterized by ....
(intensity of heat - extreme cold - drought)

2. Tropical forests are characterized by ....
(heavy rains - rare water - lack of trees)

3. The natural pastures are distinguished by ....
(tall trees - shrubs and tall weeds - rare water)

Activity 4 : Solve the puzzle :

1. **I live on land and in water, and I often eat insects and worms, and I lay eggs in water.**
   - **Who am I ?** .... (**Eagle - Frog - Fish**)
   - **And where do I live?** ....
   (**Humid environment - Polar environment - Ocean**)

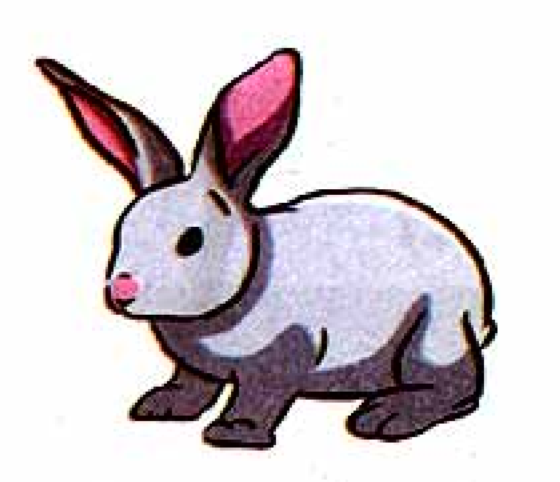
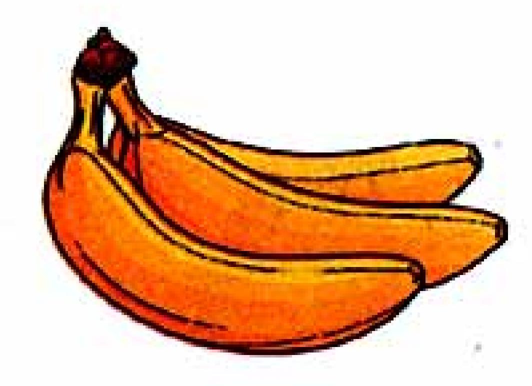
2. **I live in a very hot environment with high trees, and I climb trees to get food .**
   - **Who am I ?** .... (**Monkey - Lion - Deer**)
   - **And where do I live ?** .... (**Ocean - Tropical forest - Desert**)

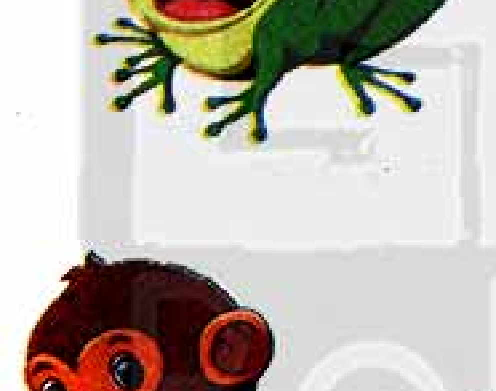
3. **I live in a hot environment, do not make a sound, eat the leaves of the trees that my long neck reaches, have long legs, and run fast in open areas .**
   - **Who am I ?** .... (**Cat - Giraffe - Elephant**)
   - **And where do I live ?** ....
   (**Polar environment - Ocean - Natural pastures**)

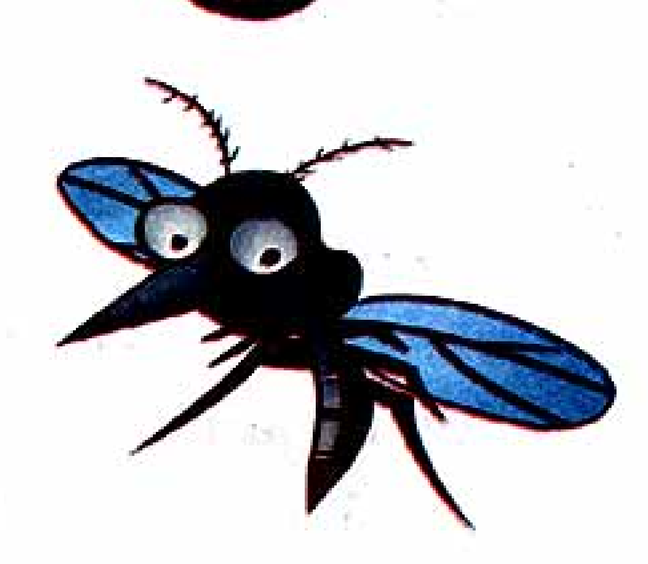
4. **I can not live in hot regions, as I live in very cold places ,sleep on snow, and swim in the water to eat fish.**
   - **Who am I ?** .... (**Tiger - Penguin - Owl**)
   - **And where do I live ?** ....
   (**Polar environment - Desert - Tropical forest**)

Needs of living things (food)

Activity : Connect every living thing with its suitable food :


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Needs of living things(shelter)

Activity : Connect each living thing to its appropriate shelter :



Environmental changes

Activity 1: Below each image, write the name of the environmental changes from that in between two brackets ,then link each environmental change to the its cause :

(Drought - Fires - Flood - Pollution)



....





Lightning and setting fire.



....



Heavy rains.

....



Throwing rubbish and wastes in the river .



....

The stopping of rains for long periods.

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Activity 2: Write the name of the environmental changes from that in between two brackets to complete the following sentences :

(Drought - Fire - Flood - Pollution)

1. **...................... causes the disappearance of lakes and rivers, and also causes wilting of plants .**
2. **...................... causes scraping of soil and plants .**
3. **...................... causes destruction of forests and natural environments , and also causes animals migration .**
4. **...................... causes the spread of diseases and the death of living things .**

Useful or harmful

Activity : Write (**useful** or **harmful**) , below each living thing in the image :



Egret bird

....



Nile flower plant

....



Cow

....



Locust

....



Theme 2 : The World Around Me (interest in our world)



Water on our planet

The importance of water

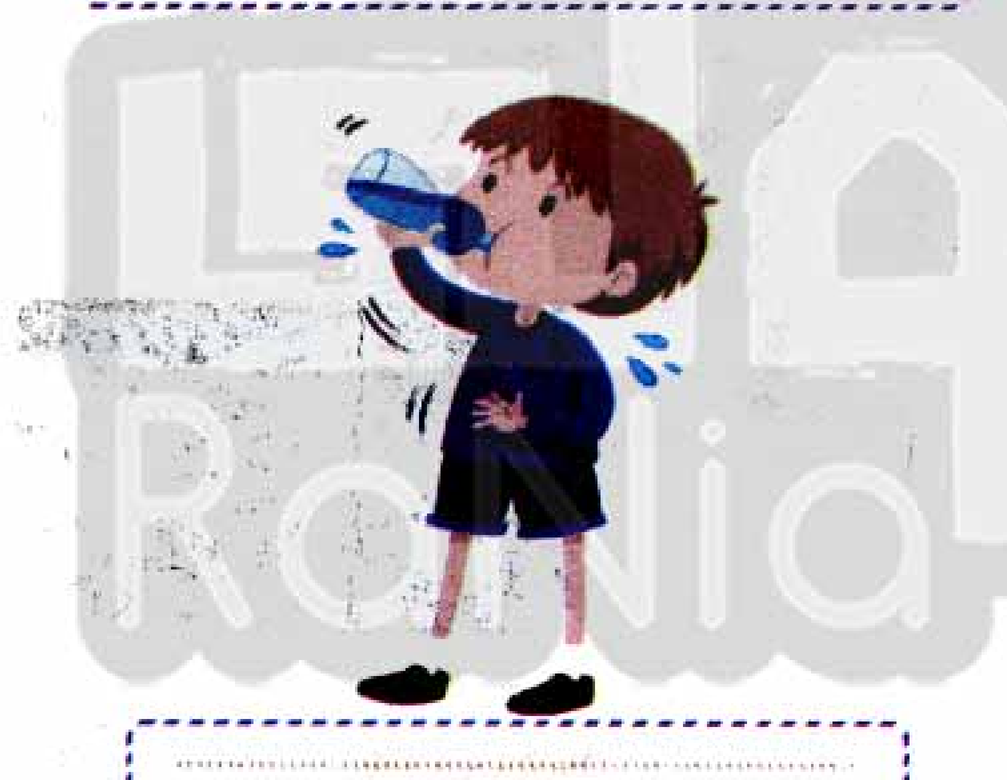
Activity: Note the following pictures, and write a sentence below each image to show the uses of water :



I use water in the shower



....



....



....



....



....

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Water resources

Activity: Below each image, write fresh water or salt water :

Waterfalls



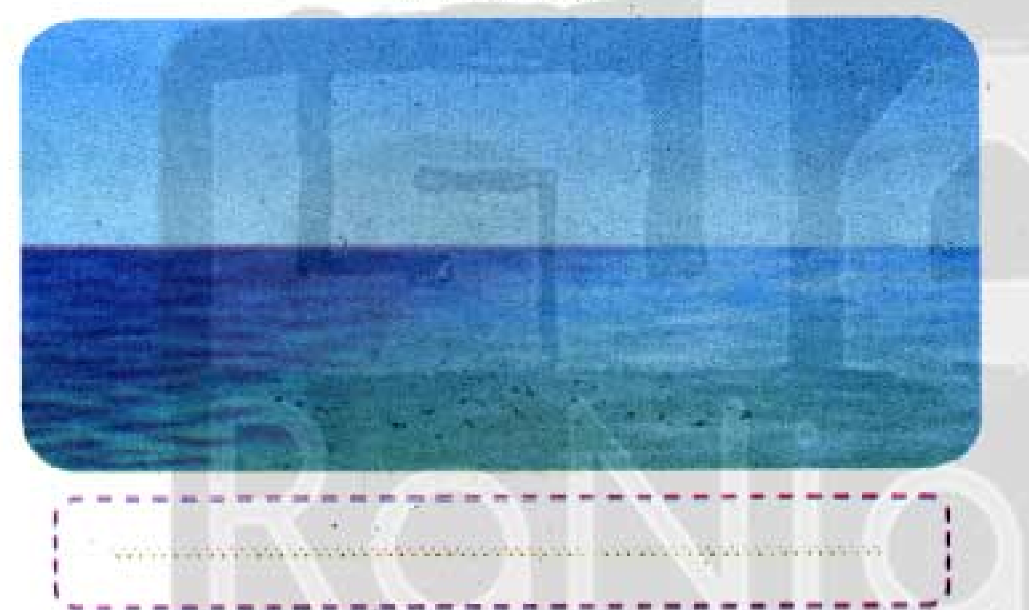
....

Rivers



....

Seas



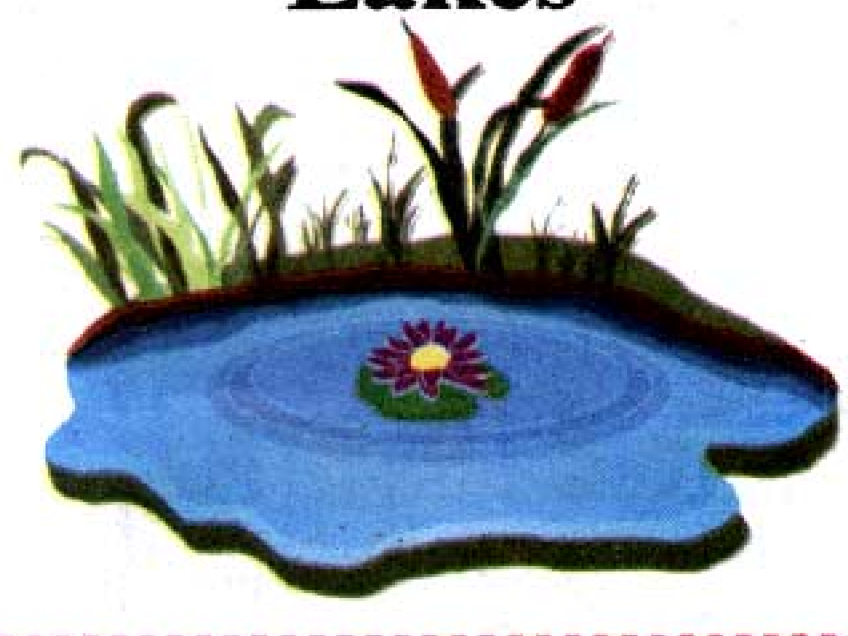
....

Underground water



....

Lakes



....

Snow



....

Rationalization of water consumption

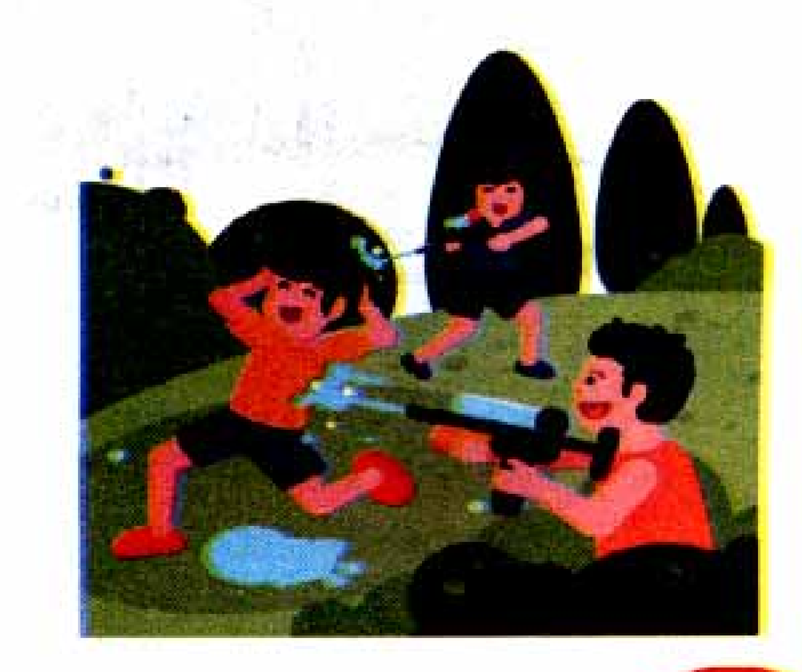
Activity: Match each picture to the suitable sentence that could help in saving water :

Tell adults about any leaks in the water .

Don't play using water with friends .

Close the tap while brushing the teeth .

Not using too much water when watering plants .



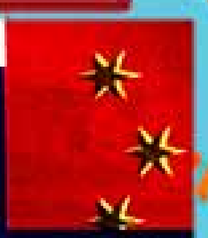
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The water cycle in nature

Activity: Use the following words in the box below each image , to describe the stages of the water cycle in the order :

(Rainfall - Evaporation of water - Water flow - Underground water - Condensation of water)

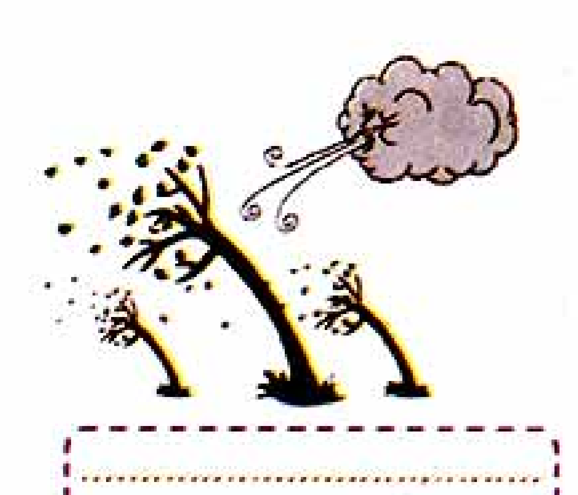




Weather

Activity: Look at the following weather symbols, then below each symbol , write the suitable word from the words that in between two brackets :

(Sunny - Rainy - Windy - Cloudy)

....

Different climatic areas

Activity: Complete the following sentences with appropriate word from the words in between the brackets :

(Polar region - Mountainous region - Tropical region)

1. **.................... is characterized by cold temperatures , and the spread of ice.**
2. **.................... is characterized by a warm air in the summer , cold air in the winter , and moderate rains.**
3. **.................... is characterized by hot climate , high humidity, and heavy rains .**



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Attributes of a good citizen

Activity: Colour the circle in (green) below good behaviour , and in (red) below the bad behaviour :




Influential jobs

Activity: Write the influential role of each person in the community from the following people :

